Neutral Posture

Head and Neck Posture
- Extension
- Neutral
- Flexion

Shoulder Posture
- Extension
- Neutral
- Flexion/Reach

Correct Posture for use of mouse
- Wrong
- Right

Reduce:
- Awkward Postures
- Cold Temperatures
- Contact Stress
- Forceful exertions
- Repetitive Motions
- Static Postures

*To access original source: http://hr.umich.edu/mhealth/programs/ergonomics/help.html

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